

Apple Tarts

"This is not your normal apple tart. The healthy date, nut crust allows you to indulge without guilt or compromising flavor."

Prep and Cook Time: 30 minutes. Chilling time: about 1 hour

Ingredients:

- 2½ cups walnuts
- 1½ cups dates
- 3 green apples, such as Granny Smith
- juice of 1 lemon in 2 cups water
- ¼ tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp ground clove
- 2 TBS honey
- ½ cup apple juice
- ¼ cup raisins



Directions: Combine walnuts and dates in food processor. Make sure you remove pits if dates have them and cut off end where stem was. Process until well mixed and ground, but not smooth. About 40 seconds. It should be a coarse texture when done. Press evenly into a 9 inch tart pan. Set in refrigerator while making the filling.

Slice apples by cutting into quarters. Cut out core and slice crosswise in ¼ inch thick slices. Put into lemon water while you finish cutting apples. Drain well in colander when done. Place apples in a large skillet with rest of the ingredients and cook for about 10 minutes, stirring frequently on medium heat. Remove apples with a slotted spoon from hot pan to a bowl and cool completely.

Reduce liquid to about half the volume and cool separately. Spread apples evenly over crust. Brush syrup over apples. Can be served right away or will keep in refrigerator until needed. Keep tart covered in refrigerator so it doesn't pick up moisture. Top with a little vanilla yogurt if desired.

This crust is fantastic if done right. First of all, it is important to choose dates that are firm and not too gooey. Zahidi dates are usually good for this. When processing your crust you may have to do it in 2 batches. Combine half the dates and half the walnuts in each batch. Process well, but not too smooth. You should not process more than 40 seconds for each batch. You want to have a coarse texture that is still ground enough to hold together when pressed. Take a pinch of crust between your fingers and press it together. If it is over processed the crust will end up pasty and will not be good. If it is not quite ground enough it won't hold together.

Serves 8

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